

Spirituality (not Religion)

Opening words and Chalice lighting:

In you, as in each human being, there is a dimension of consciousness far deeper than thought. It is the very essence of who you are. We may call it presence, awareness, the unconditioned consciousness. In the ancient teachings, it is the Christ within, or your Buddha nature.

Eckhart Tolle

Welcome and check-in (A time to share what is on your mind in order to clear it and be in the present.)

Reading for discussion

I believe deeply that we must find, all of us together, a new spirituality.

The Dalai Lama

Life is either a daring adventure or nothing. To keep our faces toward change and behave like free spirits in the presence of fate is strength.

Helen Keller

Science is not only compatible with spirituality; it is a profound source of spirituality.

Carl Sagan

Our scientific power has outrun our spiritual power. We have guided missiles and misguided men.

Martin Luther King, Jr.

Questions for discussion

What is your idea of spirituality? How does it find expression in your life?

Check-out (A time to share likes and wishes, such as “I like how we...” “I wish we would...”, or express how you felt about the group.)

Closing words and extinguishing the Chalice:

I have just three things to teach:
simplicity, patience, compassion.
These three are your greatest treasures.
Simple in actions and in thoughts,
you return to the source of being.
Patient with both friends and enemies,
you accord with the way things are.
Compassionate toward yourself,
you reconcile all beings in the world.

Thanks to everyone for their participation and commitment to our group!